What is claimed is:

1. A galactose oral composition, comprising:

galactose;

a buffer; and

an antioxidant in an amount of from 0.001 to 99 percent by volume, wherein the buffer and the antioxidant maintain stability of a pH value of the galactose oral composition; wherein said galactose oral composition has a pH value ranging from 3.0 to 6.0; and wherein said galactose includes at least one of D-(+)- galactose, L-(-)- galactose, stable isotope galactose or galactose ring.

2. The galactose oral composition according to claim **1,** wherein said antioxidant is selected from the group consisting of Vitamin A, Vitamin C, Vitamin E, sodium bisulfite, polyphenols, Ethylenediaminetetraacetic acid (EDTA), flavonoids, Diethylenetriaminepentaacetic acid (DTPA), and *NTA*-Nitrilotriacetate acid (NTA).

3. The galactose oral composition according to claim **1,** wherein said buffer is selected from the group consisting of ascorbic acid buffer, citrate buffer, phosphate buffer, acetate buffer, carbonate buffer, and triethanolamine buffer.

4. The galactose oral composition according to claim **1,** wherein said galactose oral composition is a food composition and/or a pharmaceutical composition.

5. The galactose oral composition according to claim **1,** wherein said galactose oral composition further includes at least one of emulsifier, colorant, spice, flavoring agents, sweetener, preservatives, excipients, extenders, stabilizers, dispersants, acceptable food additives or acceptable pharmaceutical excipients.

6. The galactose oral composition according to claim **1,** wherein said galactose oral composition further includes a sweetener, wherein said sweetener is selected from the group consisting D-Sorbitol, D-Sorbitol Solution 70%, D-Xylitol, Glycyrrhizin, Trisodium Glycyrrhizinate, D-Mannitol, Saccharin, Saccharin Sodium, Sodium Cyclamate, Calcium Cyclamate, Aspartame, Steviol Glycoside, Licorice Extracts, Acesulfame Potassium, Ammoniated Glycyrrhizin, Monoammonium Glycyrrhizinate, Maltitol, Maltitol Syrup (Hydrogenated Glucose Syrup), Isomalt (Hydrogenated Palatinose), Lactitol, Monoglucuronyl Glycyrrhetic Acid, Thaumatin, Erythritol, Sucralose, and Neotame.

7. The galactose oral composition according to claim **1,** wherein said galactose oral composition further includes a spice, wherein said spice is selected from the group consisting of cherry, lemon, lime, mandarin, orange, tangerine, mint, strawberry, banana, caramel, licorice, passion-fruit, peach, raspberry, tutti-frutti, grapefruit, vanilla, cream, chocolate, and grape.

8. Use of the galactose oral composition of any one of claims 1 to 7 in the manufacture of a medicament for assessing liver function of a subject, by assessing hepatic blood flow status, hepatic enzyme status, and metabolic ability of galactose in the subject, wherein the galactose oral composition is to be administered to the subject.

9. The use according to claim **8,** wherein an oral dose of the galactose oral composition is to be administered to the subject, and the oral dose ranges from 0.0lg/kg to 5g/kg.

10. A galactose oral composition, comprising:
galactose;
a buffer; and
an antioxidant in an amount of from 0.001 to 99 percent by volume, wherein the buffer and the antioxidant maintain stability of a pH value of the galactose oral composition; wherein said

galactose oral composition has a pH value ranging from 3.0 to 6.0;

wherein said galactose composition comprises an original color thereof under a temperature condition; and

wherein said galactose includes at least one of D-(+)- galactose, L-(-)- galactose, stable isotope galactose or galactose ring.

11. The galactose oral composition according to claim **10,** wherein said temperature condition is a temperature ranging from 80 ℃ to 250 °C.

12. The galactose oral composition according to claim **10,** wherein said galactose composition is a nutritional sweetener.

13. The galactose oral composition according to claim **10,** wherein said galactose composition is mixed into a food, nourishment, and formula milk.

14. Use of the galactose oral composition of any one of claims 10 to 13 in the manufacture of a medicament for assessing liver function of a subject, by assessing hepatic blood flow status, hepatic enzyme status, and metabolic ability of galactose in the subject, wherein the galactose oral composition is to be administered to the subject.

15. The use according to claim **14,** wherein a dose of the galactose composition is to be administered to the subject, and the dose ranges from 0.0lg/kg to 5g/kg.

16. The galactose oral composition according to claim 1 or 10, wherein the antioxidant comprises sodium bisulfite, the buffer comprises citrate buffer, and the pH value is 4.5.